



## **Discover Exactly which Diet & Weight Loss Supplements Burn Fat and Which Are Just Hype, and how Thousands have Lost Fat Who Never Thought they Could With My Proven Diet !**

**Give me 10 minutes And I'll Reveal Exactly What You Need to Know To Lose Body Fat Once and For All**

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From the Desk Of Will Brink  
Industry Author, Columnist and Fat Loss Consultant.  
November 21, 2007

Dear Friend,

My name is Will Brink and If you've come to this web page, you're probably sick and tired of the hype put out by less than honest supplement and diet companies. You're looking for the bottom line on which supplements work, which don't, and a fat loss diet that will help you shed excess body fat safely and as fast as possible.

### **The Fat Loss Industry is Awash with BS**

I'm not going to waste your time. Let's get straight to the truth of the matter. The weight loss industry is awash with BS, and I'm about the only industry insider who's going to be truly up front with you.

I'm going to counter the misleading and contradictory rubbish you've read and tell you the truth about supplements, diet and training, and in addition provide you with some clever tools to help you lose fat. Most importantly, you will learn how to keep it off forever.

### **Discover the techniques I Have Used To Get People Into Amazing Condition**

You're about to discover the techniques I have used to get people into amazing condition, from every day people in need of losing 30 - 100 pounds to professional athletes looking to become ultra lean.

My system is tried and tested in the "real world" and based on solid scientific principles. And no matter your body type or genetics you can and will lose the fat you want. Young or old, male or female, it doesn't matter.

### **My system works ! I have the Results to Prove it.**

I've worked with the man or women on the street, professional athletes, fitness models, bodybuilders and everybody else in between. My system works and I have the results to prove it.

My techniques can be followed within the realities of day-to-day life. If you are looking for yet another "miracle"

diet (like a promise to "lose 30 lbs. in 10 days " or some such nonsense) you have come to the wrong place. I suggest you leave now as I have never peddled that kind of junk to anybody and I never will.

If permanent, healthy and awe inspiring fat loss is what you really want, keep reading.

There's no lack of information on weight loss products and fat loss diet information on the internet - or in magazines and books - but the sources of accurate and unbiased information can be counted on one hand... maybe just a few fingers!

### **The Majority of Supplements Do Nothing For Fat Loss & Most Diet's Are Based On Decades Old Inaccurate Theories**

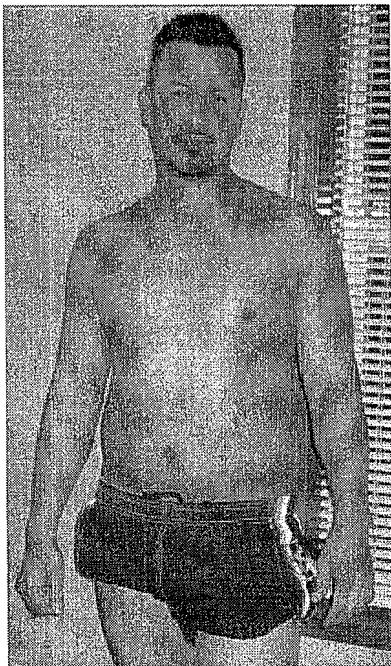
Here's a freebie: the vast majority of supplements sold don't do jack for weight loss and most diets are horribly ineffective past about the 6 week mark.

Even worse, most of the popular diets out there may work in the first few months, but are impossible to maintain for the long term, making them worthless. So, they set you up for the "yo yo" diet syndrome that sells yet more diets and supplements.

Most supplements sold that promise weight loss have either no scientific support at all or are so under dosed they can't possibly work. There are no miracle supplements or diets that don't follow reality and biology!

A few weight loss supplements, however, used correctly and in the correct doses, can be very helpful for fat loss and a few little known advanced dieting techniques can strip body fat quickly and effectively.

## **Lost 30 Lbs of Fat & 7" Off My Waist**



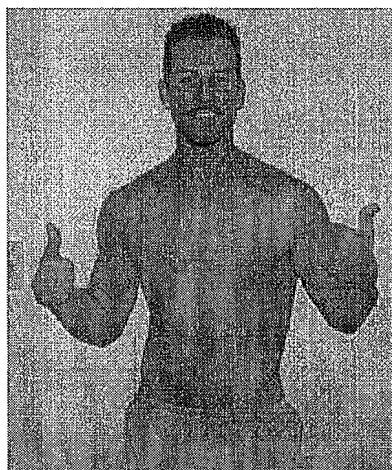
It was obvious to me that I had to do something about my weight problem. The problem was I did not know where to start, what to eat, what exercise for my body-type, or what supplements worked or didn't. Thankfully I came across the FLR program.

The Fat Loss Revealed program (FLR) is a "fat-loss blueprint" that clearly lays-out on a "step by step" basis how to lose weight whether the goal is for better health (my initial goal) or getting ripped.

It covers everything needed to achieve fat-loss Including the essentials like nutrition, fat loss supplement reviews and advice, on-line meal planner, work-outs exercise videos, and the forum is staffed with highly competent advisors that truly care and are ready to answer and advise on the most confusing question(s) about supplements (that do and don't work!) and fat-loss methods.

I was honored when the man himself, Will Brink, who writes for popular magazines and who has trained world class champions answered questions that I posted on the forum.

I have definitely surpassed my initial goal of just "loosing extra baggage" I've achieved a condition I just didn't think possible thanks to Will Brink's information.



**Starting Stats**  
**Mid April of 2006:**

168(+) lbs  
Body-Fat 26%(+)  
Waist Line: 37"(+)

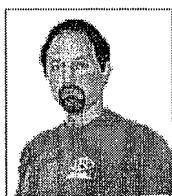
**Current Stats**  
**As of 9/2006:**

138 lbs  
Body-Fat: 8.8%  
Waist Line: 30"

~ -Sergio Lares

[View More Testimonials Here](#)

## Who Am I & Why Should You Listen To Me?



My name is Will Brink. I have been a writer, trainer and researcher for nearly 15 years. My articles have been published in a wide variety of magazines, including: Life Extension magazine, MuscleMag International, Let's Live, Muscle 'n Fitness, Townsend Letter for Doctors, IronMan, Inside Karate, Physical, Fitness RX Power, Body International, Oxygen, as well as many other magazines and countless web sites.

I have written articles on weight loss and supplements of all kinds, HIV, cancer, heart disease, drugs, pre-contest diets, hair loss, and many other topics relating to health, fitness, longevity, and bodybuilding.

I have a quantifiable proven track record as a published author, consultant, and trainer of both high level athletes and every day people looking to lose fat and get into the best shape of their life.

In my personal training business, I have worked with professional golfers, Olympic hammer throwers, professional bodybuilders, models and fitness athletes of all kinds. I have also advised police departments and Special Forces personnel on nutrition and supplementation. ([See SWAT testimonial here](#))

I've been on various TV shows, quoted in a dozen or more books and have published peer-reviewed studies in scientific journals.

I've been invited to lecture on the benefits of supplements, weight training, nutrition and fat loss at universities and conventions in New York, Boston, Atlanta, Canada and other locations around the U.S.

I'm the author of the best selling book, "Priming The Anabolic Environment", which you can find at any bookstore, or online at Amazon.com or Barnes & Noble.

I write a monthly column called "Intake Update" which can be found in MuscleMag International (MMI). MMI is a well-known magazine that's sold all over the world. You can find it on a shelf in any news stand or bookstore and look me up as proof of who I am.

What I am best known for is my pull-no-punches, no BS approach to giving people objective, fact-based, information they can use to achieve their goals. If I have accomplished one thing in this life it would be that, and I am damn proud of it.

Bottom line, you can count on one hand the number of people who can match my experience in the industry of fat loss. I have been around the proverbial block in the supplement and diet industry and I'm about to spill the beans, on the secrets that most insiders only talk about behind closed doors.

## I lost over 50lbs of Fat



Amy Fox.

"I have lost over 50 pounds of fat while gaining lean muscle. I didn't do it as a crash, or quick fix diet, but as a steady healthy reduction in bodyweight as outlined in "Fat Loss Revealed".

Your direction and knowledge of diet and supplements has been more than invaluable to my success.

Thank you Will.

[View More Testimonials Here](#)

### Buy and Use Supplements Like An Expert

## I Reveal Everything You Need To Know About Fat Loss Supplements.

As far as I am aware FLR is the only source you can trust for impartial, science-based, researched supplement reviews combined with practical advice you can use. I don't link to supplement sites, sell you anything or link to anybody else who does. That's not what FLR ( Fat Loss Revealed) is all about.

Most web sites and fitness publications are affiliated with the supplement companies who want you to believe they have the next hot product that's going to turn you into a Cindy Crawford or Arnold Schwarzenegger.

It's not to say that some supplement companies don't make a handful of high quality, effective products - they do, but there are an awful lot of ineffective products out there that the public keeps buying year after year.

### Not One Single Shred Of Evidence To Support Supplement Company Claims

In many cases there isn't ONE single shred of evidence to support their fat loss or health claims. To be truthful, they are worthless, unproven, over-priced junk.

Exposing the tactics of the supplement companies to the public would jeopardize the publications' relationships with these important business allies. In other words, they wouldn't receive the huge amounts of advertising income if they published the REAL TRUTH about certain over-hyped diet and weight loss supplements. Their hands are tied.

Don't confuse the information in FLR with reviews done on web sites that link to supplement sales sites, or "free" e-books that then try to sell you supplements, or reviews found in magazines. These so-called reviews are often blatant lies and misinformation. Often, they're simply paid advertisements designed to look like an article. In the business, we call them "advertorials."

## I've Been Fighting These Lies & Telling The Public The Truth For Over a Decade

I have been fighting these kinds of lies and telling the public the truth for over a decade. In all that time I have yet to see another source of supplement reviews so complete, objective and unbiased as the ones you will find in Fat Loss Revealed.

With my information, you will be able to instantly read 40 supplement reviews in the 334 page E-book and over 200 brand name supplement reviews in the forum within my online Members' Zone.

### Read 40 Complete Unbiased Reviews on The Following Independent Fat Loss, Diet & Weight Loss Supplements

- |  |  |   |
|--|--|---|
| <ul style="list-style-type: none"> <li>• Ephedrine/Caffeine</li> <li>• L-Carnitine</li> <li>• Acetyl-L-Carnitine</li> <li>• Cayenne (Capsaicin)</li> <li>• Chitosan</li> <li>• Chromium</li> <li>• Citrus Aurantium</li> <li>• 5-HTP</li> <li>• MCTs</li> <li>• Pyruvate</li> <li>• Orlistat</li> <li>• Peptide FM</li> <li>• Piperine</li> <li>• Sesamin</li> <li>• L-Tyrosine</li> </ul> | <ul style="list-style-type: none"> <li>• Hoodia Gordonii</li> <li>• Synephrine</li> <li>• CLA</li> <li>• DHEA</li> <li>• Insulin Potentiators</li> <li>• Glycomacropeptides</li> <li>• 7-Keto DHEA</li> <li>• Glycomacropeptides</li> <li>• Digestive Enzymes</li> <li>• Phosphatidylserine</li> <li>• Guggul-Phosphate Mixtures</li> <li>• Evodiamine</li> <li>• Tetradecylthioacetic Acid</li> <li>• Flax Oil</li> <li>• Phaseolus vulgaris Extract</li> </ul> | <ul style="list-style-type: none"> <li>• Forskolin</li> <li>• GH Releasers</li> <li>• Glucomannan</li> <li>• Green Tea</li> <li>• Guggul Lipids</li> <li>• HCA</li> <li>• Octopamine</li> <li>• Salvia sclarea</li> <li>• Yohimbine</li> <li>• Orlistat</li> <li>• Peptide FM</li> <li>• Piperine</li> <li>• Sesamin</li> <li>• Lipotropics</li> <li>• Thyromimetics</li> </ul> |
|--|--|---|

Plus more Supplements being added all the time to each update

**Each of the 40 supplement reviews in the e-book  
is broken down in to easy to manage sections.**

- ✓ What is it & What Does it / Should It do ?
- ✓ What does the Research Say?
- ✓ What Does User Feedback Say?
- ✓ Final Recommendation and Conclusion

**And In The Private Members Area Read Over 220+  
Brand Name Fat Loss Supplements Reviews with User Feedback  
Find Out The TRUTH about Diet Supplements Like:**

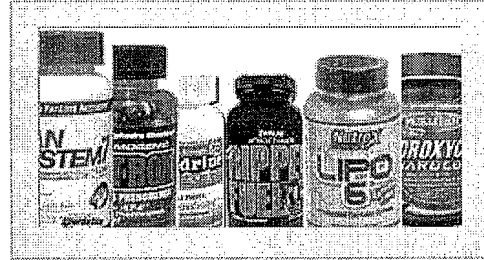
- |           |              |           |             |
|-----------|--------------|-----------|-------------|
| • Trimspa | • Hydroxycut | • Redline | • Leptoprin |
|-----------|--------------|-----------|-------------|

- Hot-Rox
- Hardcore Ripped Fuel
- Dermagain
- Udos Choice
- Gakic
- Lean Extreme
- Dietex
- Greens
- Xenadrine
- Farenheit
- Fattattack
- LEF mix
- Thryo Stak
- Spirulean
- Lipo 6/8
- Lipo-Xen
- Lipodec
- Thermo Hydroxadine
- Estrolean
- Sesathin
- Charge
- Thermodynamx
- Betalean
- Trilean
- NO2
- Cheaters Relief
- Carboslim
- Cortislim
- Leanfire
- Ultra Omega
- Fat Stripper
- Theronex
- Leptigen
- Metabolic Thyrolean
- Cutting Gels
- Clenbutical

### Plus Hundreds More

**Plus :** if you can't find any feedback on the supplement you're after, just post the name of it and I or one of my trained advisors will give you a breakdown of the supplement and whether it's worth your hard earned money.

Plus get the truth on cutting gels, sprays and other delivery forms.



### Discover which supplements benefit your health Even if they won't help you lose fat.

I also cover those supplements which might be useless for weight loss, but have many positive effects on health. Some of these supplements are actually better than prescribed medications for the same purpose - which makes this information extremely valuable.

For example, some supplements covered have actually been shown to:

- Suppress breast cancer cells. You'll learn all about them and see references to the supporting research.
- Help you feel less stressed. A certain supplement that is touted as a great fat burner has only been proven so in rats. However this same supplement does have benefits to humans which include decreasing stress and enhancing a sense of well-being.
- Stave off colds and illness. Find out which supplements can enhance immunity - making you less likely to be prone to colds and other illnesses.
- Reduce cholesterol levels & strengthen your heart. See the one supplement which actually has the ability to lower cholesterol and raise HDL.
- Improve mental aptitude. In clinical studies a certain supplement has antioxidant properties which improve mental functions including memory and comprehension skills. See which one.

**...Brink Clearly Explains What Works, What Doesn't and Why**

Will Brink's information is a valuable guide for anyone who wishes



Kevin Pezzi - M.D

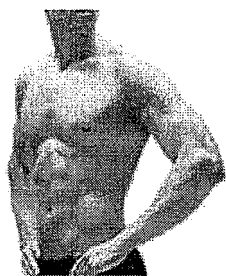
to lose weight without wasting a lot of money or time trying over-hyped but ineffective diet supplements.

Brink clearly explains what works and what doesn't and why. Unlike most authors who simply spout research findings or anecdotal reports, Brink melds both scientific evidence and real-world experience to give you an unparalleled grasp of this subject that is certain to help you in your quest to build a better body.

► [View More Testimonials Here](#)

### Lose Body Fat Permanently

## I Reveal Everything You Need To Know About Fat Loss Dieting & Nutrition



I'm not going to beat around the bush here. Want to know how to lose weight? Eat less and do aerobics until your legs fall off. Presto, weight loss will happen. But what did you lose? Water? Muscle? Fat?

If you follow the low calorie-tons of aerobics mantra, you bet you probably lost all of the above. Hopefully you lost some fat long with that loss of lean body mass and water.

The bottom line here is that our fixation with weight loss versus fat loss has led to a nation of confused, disillusioned people who repeat the same mistake over and over again. You can end that ugly cycle permanently here and now. Losing weight and Losing FAT are two very different issues: the former is easy, the latter requires real knowledge.

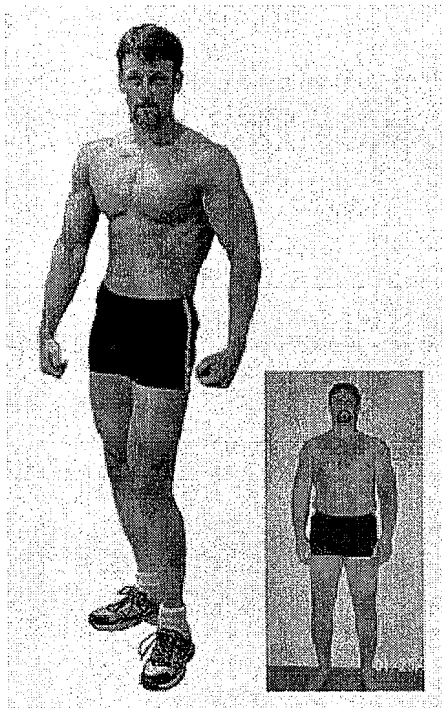
**The vast majority of diets I've been asked to review are utterly flawed. They still rely on the same basic inaccurate theories and concepts that have been around for decades. We all know to lose weight we have to expend more calories than we take in. Great, but how helpful is this advice for long term predictable healthy fat loss? Not very .**

Most diet plans feed you the standard clichés and set phrases such as: "cut carbohydrates", "cut fat", "raise fat", "cut calories", "don't eat after 7pm", "drink water", "eat small meals", etc.

You'll lose some weight - at first - but after that honeymoon period is over, your fat loss will stall after about 6 - 8 weeks, no matter what you do. Sound familiar? It should - It happens all the time to people just like you.



### Lost 20lbs of Fat and Reduced Body Fat From 21.9% to 9.5%



My goals were simple

- 1 Drop my body fat
- 2 maintain my muscle and gain a little
- 3 do it all in 12 weeks

I always knew I could do it. When I finally decided to meet the challenge I wanted a nutrition plan that could be customized for me. The FLR diet and Will (Brink) did a great job of teaching me what I needed to know and outlining a nutrition plan that even I could follow.

I did run into problems but when I did the FLR trainers and even the man himself Will Brink, were there to answer questions, give advice and support.

After the 12 weeks the scoreboard was like this

Starting Weight 202lbs @ 21.9% Body Fat

Finish weight 182lbs @ 9.5% Body fat

**Dave Higby**

[View More Testimonials Here](#)

### Consistent Impressive Fat Loss Requires More than The Basic "Eat Less , Exercise More" Mantra.

Now there's some truth to those recommendations above- but it doesn't go far enough. The reality is that consistent fat loss requires more understanding and an entirely different approach if you want to avoid plateaus and keep losing fat week after week, month after month.

Simplistic mantras like "eat less, exercise more" and "pop this supplement in your mouth" will never yield the long-term results you desire. To lose fat and keep it off permanently, you have to take it to a higher level of knowledge and understanding of what works and why

Until you know the techniques and tricks that people who are gracing magazine such as fitness models, and movie stars know , you're unlikely to ever get past a certain level.

No, you don't have to look like, or be, a fitness model (but it would be nice no?!) but you do need to know the tactics, concepts, and techniques required to get into your best shape ever, whether your goal is to lose 30lbs of fat or get ready for a modeling competition.

As you have learned the hard way, your body is extremely talented at holding on to body fat. In fact, the harder you starve yourself the worse the situation will become. When the body goes into the dreaded "starvation mode" several metabolically negative things occur:

- ✓ Your body will hold on to body fat because it believes you're no longer feeding it adequately.
- Our bodies are genetically programmed to accommodate periods of low calorie intake by



holding on to stored body fat as a reserve.

✓ You lose a lot of water and - even worse - lean muscle tissue. And muscle is the last thing you want to lose! Not only does it give you the tone and shape you want but in addition, lean muscle burns fat! That's right: muscle is an active tissue, it needs energy to function. Ultimately, the more lean muscle tissue you have the more fat you'll burn all day long - 24/7 - so losing muscle tissue while dieting is a huge mistake - for men AND women.

✓ Lastly, you may gain back what you lose - and more! When your body adapts to fewer calories, you're likely to gain all the weight back - as fat - when you go off the diet and return to normal eating. In fact, you could end up even fatter than before due to the loss of lean muscle mass and other tissues. Repeated attempts to diet - known as "yo-yo dieting" - will just continue to damage your metabolism and make you fatter still!

This is why the vast majority of dieters crash and burn. You can diet all you want, you can cut calories, you can hit the Stairmaster for hours a day, but past a certain point, your body will flat-out refuse to give up another pound of fat. Once you get into the dreaded "starvation mode" it's an uphill battle to coax your body into additional fat loss without losing the lean body mass you need to be healthy and have a metabolism that's above that of a snail or turtle. But all is not lost!

I'll reveal all the tips, tricks and techniques used to shift your metabolism to one that favors fat burning over fat storage which will (finally!) get rid of stubborn body fat. More importantly, you will learn how to keep it off! Temporary fat loss is only good for the diet industry that wants you to come back year after year.

### I dropped from 52% body fat to 15% body fat using Will's Fat Loss Revealed Program



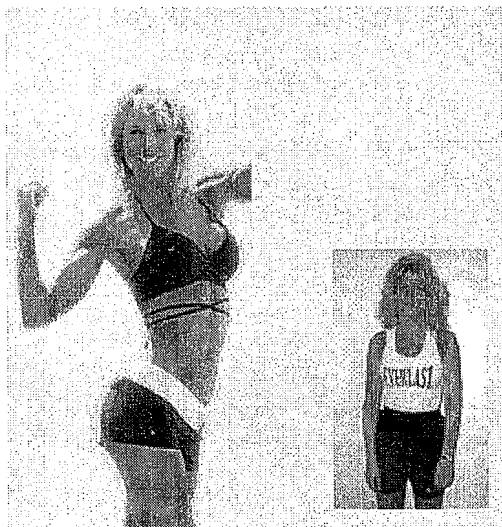
Pat Sitton

Here are my before and after pictures. The "after" was taken on my 48th birthday after a workout. I've made more progress in 5 months following the principles in your information than the entire (almost) 3 years of dieting and exercise. I never would've thought a guy my age could've done this!"

Pat

Proper weight loss - that is weight loss that favors fat loss over muscle and other tissues - is ultimately a hormonal issue, NOT just an issue of calories. Your body's internal self-regulating system will determine how much body fat it's prepared to give up. Restricting calories and doing more and more exercise can only take you so far.

**You have the power to control that system with food, supplements, and training the correct way. Once controlled, your body will use your own body fat as fuel much more efficiently. Diet Smarter Not Harder!**



"My favorite source of healthy nutrition and fat loss diet info came from Will (Brink) and his FLR fat loss system.

His information was my first line of defense in eating correctly to lose the body fat.

I recommend it without hesitation to my friends & family and continue to do so.

As I've said many times before . I know from experience, you can't fail if you follow what Will says.

**Pamela Blackburn | Mother of two  
Dallas - Texas**

### **Trick Your Body In To Using Fat For Fuel - You Can Eat More Food When Eat Correctly**

This is the real secret to long term fat loss: tricking your body into using body fat as fuel. Control your body hormonally and you'll turn your body into a fat burning machine day and night, even when you sleep. It's all about the right ratios of food, the right supplements and the correct exercise routine that is designed for you as a unique individual, not some magic one-size-fits-all ratio or other plan that won't work long term.

### **You Can Eat More Food When You Eat Correctly**

You can eat MORE food when you eat correctly. I have found repeatedly that people can eat a higher calorie intake without gaining body fat when the diet is based on the right types of protein, carbs and fats in the right amounts.

### **You Really Think The Men & Women Who Grace the Cover of Magazines Get That Way Following Conventional Diets**

Do you really think the men and women on the cover of fitness magazines get that way by sticking to the same diets and techniques that Joe Public does? Sorry, not a chance.

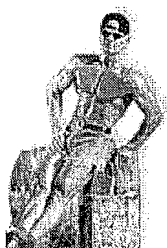
Of course, what they follow has some similarities to what the average person might follow, such as reducing calories and exercising more and so on, but that's where the similarities end. No, you don't need to be a biochemist or rocket scientist to understand and use these advanced diet techniques and concepts. What you do need, however, is the ability to unlearn much of what you think you know about fat loss and the willingness to

learn. That's really all that's required of you.

I have used these techniques on all kinds of people to get them into the best shape of their lives. Did they have to put in some real effort? Of course they did! Anyone who promises you effortless fat loss by some miracle diet or product is a bold-faced liar who shouldn't get a penny of your hard-earned money. I don't offer or promise effortless weight loss, because there is truly no such thing. But you don't have to starve yourself half to death to have the body you want!

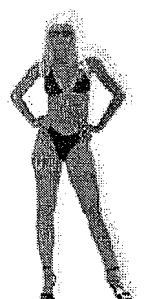
### **I'll reveal my full Diet along with my advanced dieting techniques**

I will reveal to you exactly how I got people from all walks of life into the best condition of their lives: from professional golfers, models, and athletes, to average men and women who just wanted to see his or her abs. Like them, the sooner you become educated and adopt a scientifically proven and tested approach to fat loss, the sooner you will achieve the body you're after.



**Mike Serino**

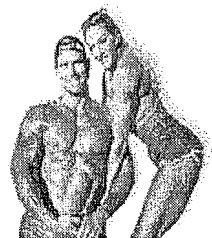
Dear Will,  
...Just a quick note to say thank you for the diet information. I've lost 18 pounds of fat in just over 8 weeks. I'm now 38 years old and 6% body fat. I would never have got this far without you.



**Laurie de Nuccio**

(Laurie has appeared in such shows as Star Trek and Hunter as well as numerous commercials and voice-overs.)

...Will is a down-to-earth health visionary whose wisdom transcends the present-day mind set. I've constantly used Will's diet and supplement information to stay in my best shape ever



**Lee Apperson, Trainer/Model**

...I learned so much from Will about losing fat with the correct diet and supplements, I wouldn't be this lean and healthy without him. His knowledge is unparalleled. I strongly suggest you read what Will has to say - It's a must for any man or woman trying to lose body fat and shape up.

**The problem is: Most of the information available in print today is much too uncritical when it comes to useful information for the hard-training athlete.**

"I'm always very skeptical when it comes to information about supplements. I have been working with athletes for years, and now I know what works in the real world and what doesn't, thanks to Will.

"The problem is: Most of the information available in print today is much too uncritical when it comes to useful information for the hard-training athlete.

"Will's book is one of the few exceptions. In a straight forward and honest manner, he describes nearly all the fat loss supplements available today in an easy to read format.

"Will's book gives the reader basic background information on every supplement and judges its effectiveness not just by medical studies, but as well by his own experiences with athletes and others.

"A person who knows his stuff, has a scientific background, and plenty of experience working with people for over a decade, is hard to find today. Will is one of these exceptions, and if you are looking for unbiased information about fat loss supplements without any marketing hype to decide for yourself what to buy, this is definitely for you.

"It will save you money that you would otherwise have spent on worthless supplements in hope of achieving your goals. Highly recommended."

**Torsten Albers M.D.**

**[View More Testimonials Here](#)**

PRESENTING THE  
**Fat Loss Revealed Program**

# Fat Loss Revealed



**Here's just a small sample of what you'll discover  
when you get instant access to the FLR fat loss program today**

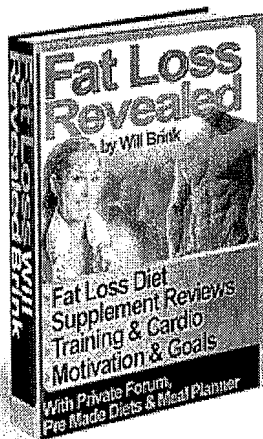
- ✓ Immediately gain access to our private members forum/discussion area where we have thousands of members and a huge community of like minded men and women of all ages.
- ✓ A supplement that works for even non-exercising people. One clinical study showed this supplement caused subjects to lose over 10 lbs. of fat in six weeks, and these people didn't change their diet or do a stitch of exercise!
- ✓ The #1 most effective way to burn body fat ever! If you could only make one change to your current diet program, this would be it, I fully explain the correct process in the advanced dieting section of the e-book.
- ✓ Explanations of marketing terms used by supplement companies like 'patented' 'clinically proven' 'doctor recommended' etc. Find out what these misleading and abused terms really mean (page 15-19)
- ✓ The "10 Golden Laws of Fat Loss" Discover, once and for all, about what, when and how often you should eat to lose fat. Once you know this you can boost your metabolism and lose fat easily - even while you sleep. This is not hype, it's a physiological fact.
- ✓ Why some people always seem to gain back the fat they've lost and how to GUARANTEE that you keep it off for good
- ✓ The "Supplement Scoreboard", which provides a quick and easy way for you to compare all 40 supplements reviewed and get definitive answers on which to take, which are worth a try and which you should avoid, including dosages and times.
- ✓ What the glycemic index (GI) is about and why it's important. You'll learn how to reduce the GI of your meals for best results in fat loss and health.
- ✓ Reviews of the research studies on supplements. Did you know that some of the most heavily marketed supplements only work for rats and mice, NOT humans - are you using them? Find out which ones have been tested in real human beings in clinical settings as well as real world situations - not just rodents or test-tube experiments.
- ✓ The psychology of permanent fat loss. Learn proper goal setting and motivation tactics that program your mind and change your paradigm for lifelong success over the battle of the bulge. I'll show you

ways to ensure you stay on your fat loss program and don't give up within a few weeks. Most of my members have found the private, FLR forums to be invaluable for sticking to their diet as they talk with the moderators and members following the same plan. It's a support network like no other.

- ✓ How to avoid being scammed by some amazing 'new' ingredient that has actually been around for decades.
- ✓ The psychological reason why most people sabotage themselves...just when their diets are beginning to work...and how to make sure it does not happen to you.
- ✓ The right protein, carbs and fat sources to eat - and the ones you should avoid.
- ✓ The truth about how much cardio you REALLY need to lose body fat and when and how you should do it for maximum impact.
- ✓ Cardio and strength exercise routines, complete with photos, videos and explanations along with charts you can download to monitor your progress.
- ✓ Which "good" fats can actually speed up fat loss, increase your energy levels and improve your health... and how much you need for optimal effects (it's a fine line... eating too much fat really IS bad for you and really DOES turn into body fat!)
- ✓ The real story behind E/C/A products (Hydroxycut, Xenadrine, Ripped Fuel-type products).
- ✓ Which type of exercise is more effective for long-term fat loss: weight training or aerobics (the answer may surprise you), and detailed training programs which tell you exactly how to exercise for maximum fat loss.
- ✓ The correct dosages you need for each supplement to achieve fat loss. Some supplements contain the right ingredients - but in the wrong amounts! Many supplements contain just enough of a compound for "label decoration" - it's one of the oldest tricks in the book. You don't have to fall for it ever again! Find out how much you really need to take to see the effects.

And believe me.... this is just the beginning! The FLR system is so much more than just an "e-book" - it's a complete system for sure-fire success - possibly the most comprehensive nutrition system for fat loss on the market today ! No hype, no B.S., no gimmicks - just the FACTS you need to know to get lean NOW.

## So What Am I Offering You in The Fat Loss Revealed Program



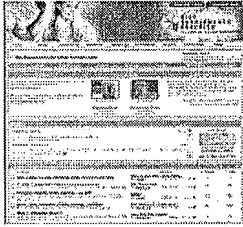
### The Fat Loss Revealed 334 Page E-book

Now in its 4th edition, the 334 page FLR e-book is the foundation of the FLR Fat loss system. I've had so many people tell me they would have saved hundreds if not thousands of dollars if (not to mention time) if they had owned my e-book earlier.

Not only is it the only publication currently available which truly gives impartial supplement reviews, but it includes the culmination of over a decade of experience in getting people from all walks of life into great shape. Use the tips, tricks, and techniques I reveal in this latest edition of the e-book to ensure your fat loss progress never stalls - not after 6, 8 or 10 weeks - not ever. You will permanently keep losing fat week after week until you achieve your final target weight and look.

### The FLR Highly Moderated Private Forum

### Motivational Quotes, Tips, Chat and tools to help you lose fat.



All you get with many so-called fat loss 'systems' is a book, with nothing else to support it. The result? The second you become confused or have a question, the motivation disappears. This is where the FLR system excels and is head and shoulders above the competition.

Each day you can log on and ask any questions you need to have answered, and make friends along the way to a healthier, stronger, leaner you.

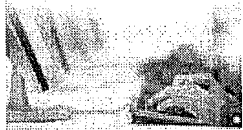
In our online Members' Zone, you can read selected motivational quotes and tips, view the members photo gallery of success, chat live with other members using the chat box, or get extended advice and feedback in the forums.

You'll want to check out some of the 200+ brand name supplement reviews, read a book review or look for bargains through our 'rate the online supplement sellers' section.

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### Access to an experienced, knowledgeable Human Personal Advisor

Many of us need support and contact with people facing similar problems. We also need feedback from others who may have experienced the same issues or problems or life's daily pressures. The FLR Members' Zone is what turns the small price to pay for this system from great to truly amazing.



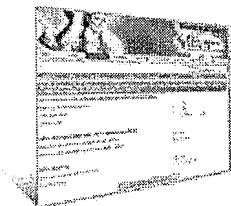
Just think how great it would be to have no more confusion, no more aimless guessing while you lose motivation. No more trying to work it out all on your own, no more confusion on what to eat, what supplements to take or how to work out for maximum results!

With our online tools, downloadable sample diets and forms, and support from the moderators in the Members' Area, you'll be able to put together a workout, supplement and food plan that fits your lifestyle, your needs, and your specific goals!

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### Meal and Calorie Planner

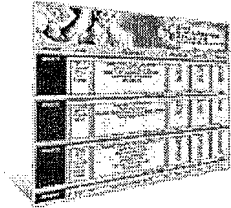
Nothing to Work Out yourself, we do it all for you.



Hate math? I know I do. So I created the FLR Meal and Calorie Planner to streamline the process of using the diet instructions in the FLR e-book.

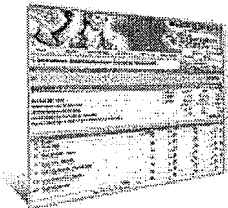
The Meal & Calorie planner performs all the calculations from the e-book for you. Just enter a few details and the meal and calorie planner does the rest. Within seconds you'll have all the information you need, including your daily calories, the number of meals you should eat, and the amounts of protein, fats and carbohydrates you should have in each meal. Even better, you can print it out or have the results e-mailed to you. Our members love this tool: it's the ultimate time saver.

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**Pre-Made Diets, all the work is done, just download and enjoy.**

No more guessing or confusion about how to set up your diet. All you need to do is to use the Meal and Calorie Planner (see above), to determine how many calories you need then download a sample diet to match. You can also use the Sample Diet forms to track your own diet: simply put in your own foods and macro nutrient information and the spreadsheet will add everything up automatically. Make additional copies of the sheets you need for each day.

The sample diets match the FLR diet plan figures to the letter and only use healthy but tasty foods to ensure you keep on the diet. The foods used are also designed to aid with digestion, general health, energy, muscle tone and of course most importantly, fat loss.

**The FLR Diet Planner**

If you are the kind of person who likes to keep an exact record of everything you eat and your progress, so you can achieve a very low body fat level and get in amazing shape, you need to keep a very accurate log of your food, supplements, training and progress. The FLR Diet Planner allows you to enter foods, create meals and recipes, analyze your meals, compare your figures against pre-determined targets and see how your progress is going. It will even show you a graph of your progress. You'll see just how much fat you've lost and muscle gained over time, and you can use it to work with any diet you want. Just enter the details and it does the hard work for you.

I've seen a similar (and less functional) diet planner that sold for \$9.99 a month. We include the Diet planner FREE as part of the FLR Fat Loss System. This is the ultimate tool for those who are really serious about their diets.

**Exercise Videos - never have to guess again**

Do you know if you're performing an exercise correctly? Can't find reliable information online you know you can trust? This is where our exercise videos can help.

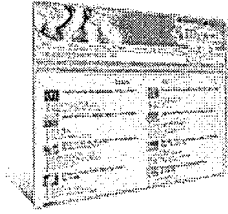
You can pick any one of dozens of exercises for each body part, read how it's performed AND watch the video so you can see exactly how to do each exercise safely and with maximum benefit. You don't need any special software to view them either. It's nice and simple, the way I like it.

**Nutrition Database**

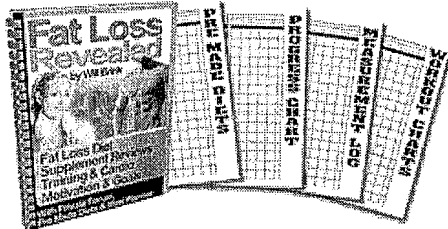
Never worry about how many calories an item of food contains again. At your fingertips you will be able to easily look up and discover the calories, protein, fat and carbohydrate content of over 50,000+ foods.

What's also important about this database is how simple to use: the foods are nicely categorized and easy to find. The information on each food is



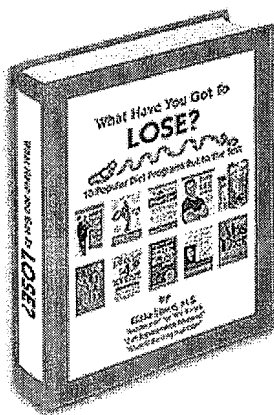


very detailed, If you're the kind of person who likes detail, you can find out the get total fat, saturated fat, cholesterol, sodium, fiber, sugar, calcium , potassium and the % t fat, carbs, alcohol and protein in each food. This is a really intuitive powerful database which makes life much easier than trying to look this information up.



**PLUS**  
PRE Made Diets - Motivation Charts,  
Measurements and Progress charts, in Excel and  
PDF format.

## PLUS A SPECIAL LIMITED BONUS 'What Have You Got To Lose' E-book



It's a complete Jungle out there isn't it? If you've been to the bookstore , you've seen entire walls covered with the so called latest and greatest diets.

You're confused and I don't blame you.

This is why we put together 'What Have You Got To Lose' . It's a detailed review of ten of the most popular diet books/programs available on the market today, including :

- Dr Phil
- Curves
- Atkins
- The Abs Diet
- The Zone
- Body for Life
- South Beach
- Eat Right For your Type
- Slim Fast
- Eat More Weigh Less

Please Note: "What Have You Got To Lose " is A Special Limited Time Bonus.

We are currently giving this away free, please take advantage while you can before we set it up on it's own page and sell it for **\$24.95**

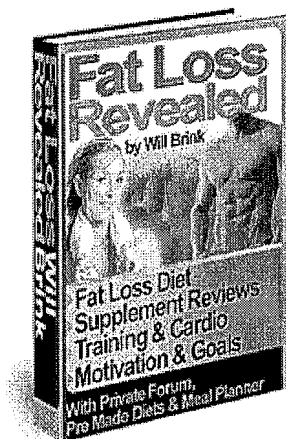
'What Have You Got To Lose', goes undercover on who the author is, who the diet is geared towards, what's covered in each book and ultimately if the diet is healthy and effective.

In addition each diet is given an overall assessment and a grade.

## So What's The Bottom Line ? How Much Does This System Actually Cost Me ?

We deliver this entire system in the form of an e-book and the Members' Area is online, so there are no hardcover costs for printing or delivery. This means we can not only easily update it and send you out the latest version, but you can get all this information for less than a third of what we would have to sell it for normally.

### **You can get my E-Book & Fat Loss System For Just \$49**



That's not a typo, \$49

The 334 page ebook, 12 Months Members area access and all the bonuses for \$49

Most mediocre e-books alone cost that - and this is no mediocre e-book!

**CLICK HERE TO ORDER NOW & RECEIVE HUNDREDS OF DOLLARS IN FREE BONUSES**

By the way, we take orders 24 hours a day, so you can order my program anytime today. Even if it's 2:00 a.m. you will still receive INSTANT access to the Ebook & Members Area.

You will receive instant access to the FLR Program: both the 334 page best selling e-book AND 12 months free access to the FLR Members' Zone complete with 220+ brand name supplement reviews, sample diets and charts, personal advice from my qualified, experienced moderators, the Diet Planner, Meal Planner, Nutrition Database, articles and exercise videos.

After seeing this system, I think you will agree that \$49 is a ridiculously low price for this package. I hate to use the "act now" strong arm on you, but the price of this system will be going up shortly to reflect what it's really worth! When I paid professional marketers to value this system I was told forcibly it would easily sell at \$79.95 or more, so grab it this price while you can.

Don't be mad at me if you come back next week and the price has gone up. Sorry, I won't be able to give you the lower price 'cause you had to think about it. Over the past decade, I've worked to help as many people as possible see the truth behind the diet and supplement industry, and this offer is an extension of that philosophy. Take advantage of it while you can!

**Click Here To Order the FLR Fat Loss program**  
**+ Bonuses For Only \$49**

**One More Thing, Here's My Promise To You,  
 A 100% No Risk Money Back Guarantee.**

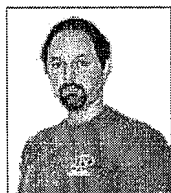
To be frank, at \$49 this is a no-brainer, but since I have my reputation to keep, I am



offering an unconditional **60-DAY MONEY BACK GUARANTEE**. And I mean a true 100%, no-questions-asked, money back offer - not one of these lousy, 'you must prove it didn't work' guarantees. I don't care if you just don't like my hair style; my reputation is vastly more important to me than a few bucks.

Your satisfaction is 100% guaranteed. Scrutinize the program closely. Use all the free tools we provide; read the 334 page e-book; put questions directly to me or the other moderators in the Members' Zone; post a request for a review of a brand name supplement...in other words, take it for a damn good test run and see what you think.

Test it for up to 8 weeks. I absolutely guarantee you will lose serious body fat, save money, and get healthier if you follow this information, but if it's not for you that's fine by me. I don't want a single cent off anybody who is not 100% happy.

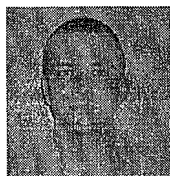


**Sincerely Your Friend & Fat Loss Coach**

**Will Brink**

Author, Researcher & Consultant

**Fat Loss Revealed is a must for anyone looking to achieve a leaner, stronger, and healthier body.**



Dr. Evan R. Peck, M.D.

"Few disciplines of human health and wellness are plagued with as much unscientific conjecture and over hyped marketing as that of nutrition, particularly nutrition for fat loss. During roughly the past decade, Will Brink has emerged as one of the few voices of reason in this particular industry.

His e-book Fat Loss Revealed is carefully worded following a thorough and unbiased analysis of the peer-reviewed literature, and uninfluenced by marketing of the latest fad diet or supplement.

In fact, Brink debunks many popular supplements on the market, and using supplements for fat loss is not the primary focus of the book at all. It is instead centered on presenting effective, evidence-based, hype-free dietary and exercise principles in a user-friendly manner. Fat Loss Revealed is a must for anyone looking to achieve a leaner, stronger, and healthier body."

**[View More Testimonials Here](#)**

**NOTE:** Fat Loss Revealed is a downloadable e-book. The FLR Members' Zone is found online. No physical products will be shipped when you purchase. The e-book is in Adobe PDF format, which can be viewed on a Mac or PC.

After you order, you will get INSTANT ACCESS to the FLR Members' Zone to download your e-book.

**Click Here To Order the FLR Fat Loss program**  
**+ Bonuses For Only \$49**



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Tel : 508 655 3318 - Fax : 501 421 4236

Please note our staff are not trained to answer calls relating to advice on nutrition, diet, supplementation etc.  
The phone lines are purely for billing or technical inquiries.